

Claims:

1. An oil or fat composition containing a LCPUFA supply compound as a first component, and phospholipids as a second component, the LCPUFA supply compound containing long-chain polyunsaturated fatty acids (LCPUFA) in its structure and being hydrolyzable to remove its LCPUFA,

wherein respective proportions of the first component and the second component are determined according to the number of hydrolyzable fatty acid bonds contained in the phospholipid molecules.

2. The oil or fat composition as set forth in claim 1, wherein a proportion of LCPUFA in all suppliable fatty acids from a total amount of the first component is not less than 25 percent by weight.

3. The oil or fat composition as set forth in claim 1 or 2, wherein the respective proportions of the first component and the second component are determined in such a manner that a total weight ratio of suppliable LCPUFA to the second component phospholipids is not less than 0.5.

4. The oil or fat composition as set forth in any one

of claims 1 through 3, wherein the phospholipids are at least one kind of glycerophospholipids selected from the group consisting of phosphatidylcholine, phosphatidylserine, phosphatidylethanolamine, and phosphatidylinositol.

5. The oil or fat composition as set forth in any one of claims 1 through 4, wherein at least phosphatidylserine is used as the phospholipids, and a phosphatidylserine content is not less than 5 percent by weight with respect to a total amount of the second component.

6. The oil or fat composition as set forth in any one of claims 1 through 5, wherein fatty acids forming fatty acid bonds in the phospholipids are not LCPUFA.

7. The oil or fat composition as set forth in claim 6, wherein the fatty acids forming fatty acid bonds in the phospholipids are not arachidonic acid or docosahexaenoic acid.

8. The oil or fat composition as set forth in any one of claims 1 through 7, wherein the phospholipids are derived from non-animals.

9. The oil or fat composition as set forth in claim 8, wherein the non-animals are plants.

10. The oil or fat composition as set forth in claim 9, wherein the plant-derived phospholipids are soy bean lecithin and/or soy bean phosphatidylserine.

11. The oil or fat composition as set forth in any one of claims 1 through 7, wherein the phospholipids are derived from animals.

12. The oil or fat composition as set forth in claim 11, wherein the animal-derived phospholipids are derived from animal sources other than egg yolk.

13. The oil or fat composition as set forth in claim 11 or 12, wherein the animal-derived phospholipids are derived from organs of vertebrates, or fish egg.

14. The oil or fat composition as set forth in any one of claims 1 through 13, wherein the LCPUFA supply compound is at least one kind selected from the group consisting of free fatty acid, fatty acid alcohol ester, glycerolipid, sphingolipid, sugar or sugar derivative ester, and carotenoid ester.

15. The oil or fat composition as set forth in claim 14, wherein the LCPUFA supply compound supplies at least one kind of LCPUFA selected from the group consisting of: eicosadienoic acid, eicosatrienoic acid, eicosatetraenoic acid, eicosapentaenoic acid, docosadienoic acid, docosatrienoic acid, docosatetraenoic acid, docosapentaenoic acid, docosahexaenoic acid, tetracosadienoic acid, tetracosatrienoic acid, tetracosatetraenoic acid, tetracosapentaenoic acid, and tetracosahexaenoic acid.

16. The oil or fat composition as set forth in claim 15, wherein at least one of carbon-carbon double bonds contained in a LCPUFA molecule is conjugated.

17. The oil or fat composition as set forth in claim 15 or 16, wherein the LCPUFA supplied by the LCPUFA supply compound contains arachidonic acid and/or docosahexaenoic acid.

18. The oil or fat composition as set forth in any one of claims 14 through 17, wherein a proportion of arachidonic acid in all suppliable fatty acids from a total amount of the first component is not less than 1 percent by weight.

19. The oil or fat composition as set forth in any one of claims 14 through 17, wherein a proportion of docosahexaenoic acid in all suppliable fatty acids from a total amount of the first component is not less than 11 percent by weight.

20. The oil or fat composition as set forth in any one of claims 14 through 19, wherein weight proportions of arachidonic acid and docosahexaenoic acid in all suppliable fatty acids from a total amount of the first component are substantially equal to each other.

21. The oil or fat composition as set forth in any one of claims 1 through 20, which is used as a nutriment.

22. The oil or fat composition as set forth in any one of claims 1 through 21, which is an oil-in-water dispersion liquid containing at least the first component in the form of a liposome formed by the second component phospholipids.

23. The oil or fat composition as set forth in any one of claims 1 through 21, which is processed into a capsule or tablet.

24. Food including the oil or fat composition of any one of claims 1 through 23.

25. The food as set forth in claim 24, which is a nutraceutical food product.